

# POLAR FOOTBALL LINEMAN CAMP

**“IT’S NOT JUST A POSITION, IT’S A LIFESTYLE”**

## CAMP OVERVIEW-SCHEDULE

**July 19-20**

**North High football Field**

**5<sup>th</sup> grade – 12<sup>th</sup> Grade**

**FREE**

### Day 1 Offensive Lineman Emphasis

#### O-Line Day

30pm	Introduction of coaches and staff	Informal period for camp facilitators to speak with kids
40pm	Dynamic Warm up	Daily warm ups including, calastinichs, stretching, ladder work
50pm	1st Tier Drills	Completed in Circuit format 3 stations 5 min a piece, Stance, Directional Firing, Footwork Technique
15pm	Water	Water
20pm	2nd Tier Drills	Completed in Circuit format 3 stations 5 min a piece, Snap Count Discipline, Assignment Discipline, Next Level Discipline
35pm	3rd Tier Drills	Completed in Circuit format 3 stations 5 min a piece, Hand Battle, Shute Work, Sled Work
50pm	Water	Water
55pm	4th Tier Drills (putting it all together)	Completed as a whole group. Competition based light hitting drills with prizes for top 5 participants (O-Line Emphasis)
25pm	Daily wrap up coaches and staff	Exit to camp, and pitch for program to participants.

### Day 2 Defensive Lineman Emphasis

#### D-Line Day

30pm	Introduction of coaches and staff	Informal period for camp facilitators to speak with kids
40pm	Dynamic Warm up	Daily warm ups including, calastinichs, stretching, ladder work
50pm	1st Tier Drills	Completed in Circuit format 3 stations 5 min a piece, Stance, Directional Firing, Footwork Technique
15pm	Water	Water
20pm	2nd Tier Drills	Completed in Circuit format 3 stations 5 min a piece, Ball Recognition Discipline, Hand placement, Block Shedding
35pm	3rd Tier Drills	Completed in Circuit format 3 stations 5 min a piece, Hand Battle, Shute Work, Sled Work
50pm	Water	Water
55pm	4th Tier Drills (putting it all together)	Completed as a whole group. Competition based light hitting drills with prizes for top 5 participants (Defensive Emphas
25pm	Daily wrap up coaches and staff	Exit to camp, and pitch for program to participants and parents

## Contacts

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